

DINNERLY



Soy-Glazed Tofu with Stir-Fried Veggies and Rice



30 minutes



2 Servings

Indonesian sweet soy sauce, also known as kecap manis, is used here to give sesame-ginger tofu a deliciously golden glaze. Team with a quick fried rice, stir-fried carrot and snow peas, then top with crunchy cashews.

WHAT WE SEND

- 150g jasmine rice
- 200g sesame, soy and ginger tofu ^{1,6,11}
- 100g snow peas
- 1 carrot
- 1 spring onion
- 40g cashew nuts ¹⁵
- 40ml kecap manis ^{1,6,17}

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp white vinegar
- 2 tbs vegetable oil

TOOLS

- small saucepan with lid
- medium frypan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 800kcal, Fat 40.0g, Carbs 103.3g, Proteins 26.1g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



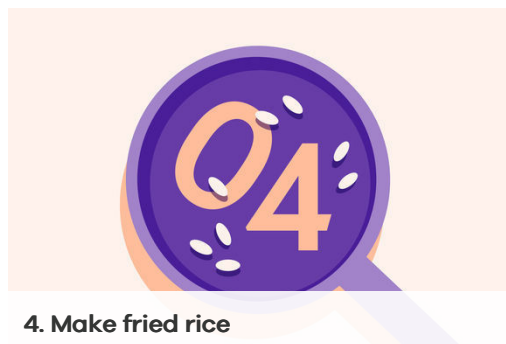
2. Prep ingredients

Meanwhile, cut the **tofu** into triangles. Crush or finely chop **2 garlic cloves**. Trim the stems from the **snow peas**, removing the strings from one side. Peel the **carrot** and halve lengthwise, then thinly slice on an angle. Thinly slice the **spring onion**, keeping the white and green parts separate. Coarsely chop the **cashews**.



3. Glaze tofu

Put the **kecap manis**, **2 tsp white vinegar** and **1 tbs water** in a bowl, season with **pepper** and stir to combine. Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **tofu** for 2 mins each side or until golden. Add the **kecap manis mixture** and cook, turning, for 1-2 mins until glazed. Remove the pan from the heat.



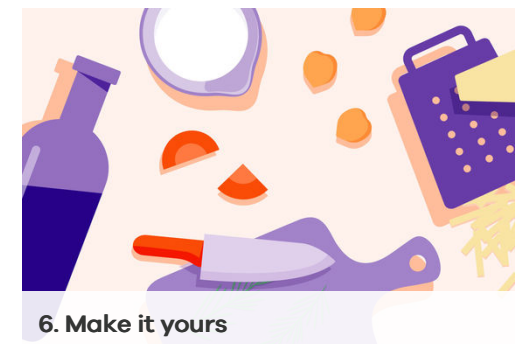
4. Make fried rice

Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Stir-fry the **garlic** and **white part of the spring onion** for 2-3 mins until softened. Add the **rice** and stir-fry for 2 mins or until warmed through. Season with **salt and pepper**. Remove from the pan.



5. Finish and serve up

Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the **snow peas** and **carrot** for 2-3 mins until tender but still with crunch. Remove the pan from the heat. Divide the **fried rice**, **veggies** and **glazed tofu** among plates. Drizzle over any **kecap manis sauce** from the pan, scatter over the **cashews** and **remaining spring onion** and enjoy!



6. Make it yours

Why not add some sliced omelette to the rice? Simply whisk 1 egg, add to a hot, oiled frypan and swirl to coat the base, then cook for 1-2 mins until set. Remove from the pan, roll up, slice and add to the fried rice.